Revised Table 2 BCM Training											
Stage	Meter Line	Drill	Rounds per Iteration	Time	Position(s)	Iteration	Rounds				
Zeroing	100	Zero	15	N/A	Prone	1	15				
20101118	100	2010	13	14/74	Trone		13				
Stage 1 Position refinement	25	Controlled Pair	2	5 SEC	Standing	5	10				
		Controlled Pair	2	5 SEC	Kneeling	5	10				
Stage 2 Standing	25	Pelvic Shot	1	5 SEC	Standing	4	4				
		Controlled Pair	2	5 SEC	Standing	4	8				
		Failure to Stop	3	5 SEC	Standing	4	12				
						ı					
Stage 3 Kneeling	25	Pelvic Shot	1	5 SEC	Kneeling	4	4				
		Controlled Pair	2	5 SEC	Kneeling	4	8				
		Failure to Stop	3	5 SEC	Kneeling	3	9				
Stage 4 Speed Reload	25	Controlled Pair	4	7 SEC	Standing	2	8				
		Controlled Pair	4	7 SEC	Kneeling	2	8				
Stage 5 Movers (Standing)	100	Movers Right	2	10 SEC	Standing	5	10				
		Movers Left	2	10 SEC	Standing	5	10				
Store C. Marian	100	Moyora Diakt	2	10 SEC	l/nocline	Г	10				
Stage 6 Movers (Kneeling)		Movers Right  Movers Left	2	10 SEC	Kneeling Kneeling	5	10 10				
(Miceing)		iviovers Left	l <sup>2</sup>	10310	Kileeliiig	Total	136				
						10tai	130				

Revised Table 2 BCM (Pre-Evaluation/Evaluation)										
Stage	Meter Line	Drill	Rounds per Iteration	Time	Position(s)	Iteration	Rounds			
Stage 1 Movers 10 (Kneeling)		Movers Right	2	10 SEC	Kneeling	2	4			
	100	Movers Left	2	10 SEC	Kneeling	2	4			
Stage 2 Movers (Standing)	100	Movers Right	2	10 SEC	Standing	2	4			
		Movers Left	2	10 SEC	Standing	2	4			
Stage 3 Speed Reload	25	Controlled Pair	4	7 sec	Standing	2	8			
		Controlled Pair	4	7 sec	Kneeling	2	8			
Stage 4 Standing	25	Pelvic Shot	1	5 sec	Standing	1	1			
		Controlled Pair	2	5 sec	Standing	1	2			
		Failure to Stop	3	5 sec	Standing	2	6			
		D 1 : Cl .		F						
Stage 5 Kneeling	25	Pelvic Shot Controlled	1	5 sec	Kneeling	1	1			
		Pair	2	5 sec	Kneeling	1	2			
		Failure to Stop	3	5 sec	Kneeling	2	6			
						TOTAL	50			